

SUMMER 2021 TRP THERAPEUTIC RECREATION PROGRAM



ARTS AND CULTURE

Activities in this core area focus on enhancing participants' own independent leisure lifestyle through exposure to a variety of hands-on activities in the areas of visual, literary, cultural, and expressive arts. This is facilitated within a positive and structured social setting that encourages attainment of appropriate social behaviors.

COLORFUL COLORADO SPRINGS [I]

Relax and embrace yourself in nature as you paint, draw, or color the majestic views of Colorful Colorado! We will meet at a different Colorado Springs park each week to engage in art and the beautiful outdoors.

Locations TBD

Wednesdays; August 11-September 1

3:00-4:00 p.m.; #14614

Limit: 10 (max), 8 (min)

Fee: \$40

Notes: Locations will be provided after registration. Art supplies and canvases will be provided. Please wear sunscreen and bring a water bottle.



SOCIAL ENRICHMENT

VTR OUT ON THE TOWN DANCES [II]

Strap on your dancing shoes and clear some space, twice a month, we're going to bring the Out on the Town Dances to you! Join friends as we carry on the tradition of dancing on Friday afternoons! Dressing according to the theme is encouraged, but not required.

Zoom (web conferencing platform)

August 13 – Sizzling Summer Shakedown

August 27 – Tis the Sea-Sun!

2:00-2:30 p.m.; #14611

Fee: \$5/month

Notes: This program is part of the TRP Virtual Program series. Participants must have access to a computer or smartphone, and a link to the Zoom call will be provided after registration.



TRP ACTIVITY EXERTION SCALE [I/II/III/IV]

What are those funny letters after the titles of my favorite programs? Often times TRP staff are asked 'how difficult is that activity', and instead of guessing if an activity will be tiring, require lots of energy, and/or push a person's physical limits, TRP staff are pleased to present an Activity Exertion Scale made by former intern Hannah Hearn. Each letter is a roman numeral and represents a level of activity, based on active participation in 75% or more of an activity:

- [I] Very Light Activity – little or no effort exerted, able to breathe at a consistent rate.
- [II] Light Activity – easy to breathe, carry on conversation, standing for short periods, walking short distances, limited upper extremity movement.
- [III] Moderate Activity – breathing becomes heavier, standing for longer periods, walking longer distances, increased upper extremity movement.
- [IV] Vigorous Activity – takes place at a higher altitude, possible shortness of breath, maximum effort to participate.

SOCIAL ENRICHMENT - CONTINUED

Day camps are designed to provide participants a meaningful and fun experience with the opportunity to interact with their peers in a positive and constructive day camp environment. Goals and outcomes include:

- Developing and practicing social skills in a structured environment
- Increasing endurance, coordination, motor-planning and body awareness through gross and fine motor activities
- Acquiring new leisure skills through participation in group and individual games/activities
- Learning decision-making and problem-solving skills to empower them to make positive decisions

DISCOVERY (AGES 6-12) [II/III]

Observing, experiencing, and learning about the world around them is the purpose of this summer day camp designed for children with disabilities. Your child can anticipate a summer full of swimming, art, music, games, special events, and field trips! This program is four days for 6 weeks and is designed for individuals who function best in groups of less than 10 people.

Mondays-Thursdays; 9:00 a.m.-3:00 p.m.

June 14-July 29 for both sites; (**No camp week of July 5-9**)

Fee: \$460 for full six weeks

TBD District 20 Elementary School; (Partnership with District 20 – District 20 ESY student registrations receive priority at this site); #14608

Limit: 20 (max.), 16 (min.)

Hillside Community Center, 925 S. Institute; #14607

Limit: 8 (max.), 6 (min.)

Notes: Approximate ratios of staff to participant are 1:3. Please bring a cold lunch and water bottle each day. Transportation to/from camp is the responsibility of the participant's parent/guardian. **No program on Fridays.**

TEEN S.C.O.P.E. (SUMMER CAMP OPPORTUNITIES WITH POSSIBILITIES FOR EVERYONE!) (AGES 13-18) [II/III]

Have a ball outdoors this summer at one of our two locations! You'll spend your summer days in activities such as swimming, sports, water games, crafts, group games, field trips, and so much more! This program is four half-days for a 6 week session and is designed for individuals who function best in groups of 10-15 people.

Mondays, Tuesdays, Thursdays, Fridays

10:30 a.m.-2:30 p.m.

June 14-July 30 for all sites; (**No camp week of July 5-9**)

Fee: \$360 for full six weeks

Cottonwood Creek Recreation Center; 3920 Dublin Blvd.; #14609

Limit: 15 (max.), 12 (min.)

Pine Creek High School; 10750 Thunder Mountain Ave. (Partnership with District 20 – District 20 ESY student registrations receive priority at this site); #14610

Limit: 15 (max.), 12 (min.)

Notes: Approximate ratios of staff to participant are 1:3. Please provide a cold lunch and water bottle each day. Transportation to/from camp is the responsibility of the participant's parent/guardian. No program on Wednesdays.



Therapeutic Recreation Program Policies

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. Please call the TR office if you have any questions.

COMMUNITY INTEGRATION AND LEISURE EDUCATION

Provide participants community opportunities to establish an awareness of self as it relates to leisure, acquire new and appropriate social and decision-making skills, learn new skills, explore various leisure alternatives, obtain community leisure resources, and participate in various recreation opportunities in a group setting.

CONCRETE COUCH MURAL [II]

Join us as we partner with Concrete Couch to create public art, build community, and create environments and experiences to humanize our world. We will spend two afternoons working alongside artisans from Concrete Couch to paint and restore a mural along Uintah Street.

Location TBA

Thursdays, August 19 & 26; #14630

1:00-3:30 p.m.

Limit: 10 (max.), 8 (min.)

Fee: \$10

Notes: Location to be provided after registration. Please bring sunscreen and a water bottle, and wear clothes that can get dirty. Supplies and paint will be provided.

OUTDOOR ADVENTURES

Summertime Outdoor Adventures provide participants with opportunities to explore high risk outdoor leisure activities related to water that include the use of adaptive equipment, learn new leisure skills in selected community settings, and benefit from experiences that focus on challenge by choice.

WHITewater RAFTING [III]

Enjoy an exhilarating ride down Colorado's beautiful Arkansas River with Echo Canyon River Expeditions. You are guaranteed to catch some waves on this ride! *Online registration is NOT available for this activity; drop-off or mail-in only.*

Departs from the Parks, Recreation & Cultural Services Administration,
1401 Recreation Way

Thursday, July 8; 7:30 a.m.-3:00 p.m. #14615

Limit: 8 (max.), 6 (min.)

Fee: \$60

Notes: Registration fee includes jacket and bootie rental. Please bring a sack lunch and money to purchase rafting pictures upon completion of trip, if desired. Additional information and paperwork will be available after registration.

ADAPTIVE KAYAKING/PADDLE BOARDING [III/IV]

Come out to the lake this summer and learn how to kayak and/or paddleboard! The TRP is collaborating with SUP Colorado Springs (Front Range Paddle Boarding) to offer this exciting program. This course includes introduction to kayaking and paddle boarding, paddling skills and adaptations for the sport. Come out and try something new or learn how to improve your existing skills!

Meet at Prospect Lake by the boat ramp (near Costilla and Hancock)

Tuesdays; August 10-31

Intellectual/Developmental Disabilities: 9-11 a.m.; #14628

Physical Disabilities: 11 a.m.-1 p.m.; #14629

Limit: 8 (max.), 4 (min.)

Fee: \$45 per session

Notes: Participants must be comfortable in the water. Life vests are required and provided.



OUTDOOR ADVENTURES - CONTINUED

ADAPTIVE WATER-SKIING & TUBING (ages 10 and up) [III/IV]

Join us at Prospect Lake for a wonderful day of water skiing and tubing. Try out adaptive water-ski equipment specifically designed for individuals with physical disabilities, although individuals of all abilities are encouraged to ski. We are offering times for skiing in the morning and tubing in the afternoon; please select one activity per date and indicate preference when registering. **Online registration is NOT available for this activity; drop-off or mail-in only.**

Meet at Prospect Lake by the boat ramp (near Costilla and Hancock)
Wednesdays; 8:30 a.m.-3:00 p.m.

June 30; #14616-skiing	#14622-tubing
July 7; #14617-skiing	#14623-tubing
July 14; #14618-skiing	#14624-tubing
July 21; #14619-skiing	#14625-tubing
July 28; #14620-skiing	#14626-tubing
Aug. 4; #14621-skiing	#14627-tubing
Limit: 20 (max.), 16 (min.)	
Fee: \$10 per date	

Notes: Please note that staff is available to supervise only when the skier is in the lake—approximately 20-30 minutes. After registration a time slot will be assigned to each participant. Everyone is welcome to stay and cheer for the other skiers, but individuals who require supervision must be accompanied by family or care providers. Participants must pass a water safety test prior to skiing. Additional information and paperwork will be available after registration.

SPORTS, FITNESS & AQUATICS

Programs in this section teach a progression of physical skills that help participants achieve and maintain fitness. These activities also encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.

PROGRAMS FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

A WALK IN THE PARK [II/III]

It's as easy as a Walk in the Park! We will be visiting different parks in Colorado Springs to check out new places – right in our backyard! We might even have special guests tell us more about the park. Each session, we will walk approximately 1-2 miles over paved and uneven terrain at a different park. Put on your hat, sunscreen, hiking boots and bring your water bottle as we enjoy the Colorado outdoors!

Meeting locations TBA
Mondays; August 9-30
1:30-3:00 p.m.; #14631
Limit: 12 (max.); 8 (min.)
Fee: \$25

Notes: Meeting locations will be available after registration. Please wear sunscreen, comfortable walking shoes, and bring a water bottle.



BOXERCISE [III]

Fitness is tough, but you can do it! Learn boxing skills such as the correct form to throw jabs, hooks, and uppercuts, while working at a beginners pace. This group will utilize workout equipment indoors and outside at the park on warm summer days. We know once you try it, you'll be hooked!

Otis Park Community Center, 731 Iowa Ave.
Thursdays; August 5-26
11:00a.m.-12:00 p.m.; #14632
Limit: 10 (max.); 8 (min.)
Fee: \$25

Note: Please wear tennis shoes, comfortable workout clothes, and bring a water bottle.



SPORTS, FITNESS & AQUATICS - CONTINUED

PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

Classes are specifically designed for individuals with physical disabilities, e.g., stroke, spinal cord injury, multiple sclerosis, traumatic brain injury, etc.

AQUA REHAB [III]

Challenge yourself to a stretching and strengthening water workout three times a week. Activities will be geared to gradually improve stamina, increase flexibility, and strengthen muscles. The class will be adapted to the ability level of the participants, but may include water walking and deeper-water aerobic workouts.

Monument Valley Park Outdoor Pool, 2020 Mesa Rd.

Mondays/Wednesdays/Fridays; 10:00-11:00 a.m.

August 2-September 3; #14633

Limit: 15 (max.), 10 (min.)

Fee: \$40

Notes: Participants must have a current year physician prescription. Call 385-6964 if you require 1:1 assistance in the water.

ADAPTIVE CYCLING RIDES [III]

The TR Program is again partnering with local bike specialist, Cycle Different - ANGLETECH, to host Saturday cycling rides on area bike trails for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, the TRP and Cycle Different will have cycles available for sign-out each date. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

1483 Garden of the Gods Rd.

Saturdays; 9:00 a.m.-1:00 p.m.

June 19; #14635

July 17; #14636

July 31; #14637

August 14; #14638

August 28; #14639

Limit: 12 (max.), 9 (min.)

Fee: \$9 per date





Attention TRP Friends and Family!

Please remember to submit a Participant Annual Information Form! This form is designed to simplify the Registration process and aims to collect important information from you once per year! Regardless of the way you register for programs (i.e. in person, by mail or on line) you will need to complete and submit this form with your first registration of the year. Forms are valid for the entire calendar year.

Please contact Felicia if you have any questions at (719) 385-6964 or Felicia.Barnhart@coloradosprings.gov.

REGISTRATION FORM

Participant Name: _____ Age: _____ Gender: ☐ Male ☐ Female
 Primary Phone: _____ Other Phone: _____ Email: _____
 Disability: _____
 Parent/Guardian Name: _____
 Emergency Contact or Parent: _____ Relationship: _____

✓	Activity Name	#	Fee
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ARTS & CULTURE			
	Colorful Colorado Springs	14614	\$40

SOCIAL ENRICHMENT			
	Discovery - D20	14608	\$460
	Discovery - Hillside CC	14607	\$460
	Teen S.C.O.P.E. - Cottonwood	14609	\$360
	Teen S.C.O.P.E. - Pine Creek HS	14610	\$360
	VTR Dances: Aug 13 & 27	14611	\$5

COMMUNITY INTEGRATION & LEISURE EDUCATION			
	Concrete Couch Mural	14630	\$10

✓	Activity Name	#	Fee
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OUTDOOR ADVENTURES			
	Whitewater Rafting	14615	\$60
	Adaptive Kayaking/PB - I/DD	14628	\$45
	Adaptive Kayaking/PB - PD	14629	\$45
	Adaptive Water-Skiing: Jun 30	14616	\$10
	Adaptive Water-Skiing: Jul 7	14617	\$10
	Adaptive Water-Skiing: Jul 14	14618	\$10
	Adaptive Water-Skiing: Jul 21	14619	\$10
	Adaptive Water-Skiing: Jul 28	14620	\$10
	Adaptive Water-Skiing: Aug 4	14621	\$10
	Adaptive Tubing: Jun 30	14622	\$10
	Adaptive Tubing: Jul 7	14623	\$10
	Adaptive Tubing: Jul 14	14624	\$10
	Adaptive Tubing: Jul 21	14625	\$10
	Adaptive Tubing: Jul 28	14626	\$10
	Adaptive Tubing: Aug 4	14627	\$10

✓	Activity Name	#	Fee
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SPORTS, FITNESS & AQUATICS Intellectual/Developmental Disabilities			
	A Walk In The Park	14631	\$25
	Boxercise	14632	\$25

SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Aqua Rehab	14633	\$40
	Adaptive Cycling: Jun 19	14635	\$9
	Adaptive Cycling: Jul 17	14636	\$9
	Adaptive Cycling: Jul 31	14637	\$9
	Adaptive Cycling: Aug 14	14638	\$9
	Adaptive Cycling: Aug 28	14639	\$9

WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS: Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the City of Colorado Springs Therapeutic Recreation Program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants and employees. I do hereby fully release and discharge the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize the City of Colorado Springs Therapeutic Recreation Program to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

PLEASE SIGN. EACH REGISTRATION FORM MUST BE SIGNED.

Participant/Parent/Guardian: _____ Date: _____

THERAPUTIC RECREATION - REGISTRATION INFORMATION

HOW TO REGISTER

Complete the information for each class on the Therapeutic Recreation Program Registration Form.

WHERE TO REGISTER

Mail your registration form to or register

In-person:

Therapeutic Recreation Program
1315 E. Pikes Peak Ave.
Colorado Springs, CO 80909

Online: coloradosprings.gov/TR

1. Click the "REGISTER HERE" Button
2. Click MY ACCOUNT
3. Enter (LOGIN and PASSWORD)
4. Click REGISTER FOR ACTIVITIES
5. Use ACTIVITY NUMBER
6. Select the NAME OF ACTIVITY, click ADD TO MY CART
7. In the drop down box, select the participant who will be taking the class. When finished, click CONTINUE.
8. Follow the steps for payment. Visa, MC, Discover, or AMEX accepted. Be sure to complete your order and click CONTINUE
9. Print receipt or go green!

WHEN TO REGISTER

Monday, April 26, 2021; 8 a.m.-5 p.m.

All mail-in and drop-off registrations will be placed in a box. At the end of each day, registrations will be randomly drawn until the classes are filled or all registrations are drawn. **A receipt will be sent to you by email or mail to confirm your enrollment in the class.**

PAYMENT & CANCELLATIONS

To reserve a spot in the program, one-half of each class fee must accompany the registration form. Payment in full must be made by the first day of class. **Make checks payable to Recreation Services.**

CANCELLATIONS

If a class is canceled due to lack of registration, you will be notified and may choose to:

- enroll in another activity
- obtain credit toward other activities
- receive a full refund

ADJUSTED FEES

Payment Plans and Adjusted Fees are available for classes exceeding a registration cost of \$25. Trip fees do not qualify. Please contact the TRP Supervisor for additional information.

REFUND POLICY

A refund or credit for classes/activities will not be issued once registration has occurred. If withdrawal from the class/activity is for a medical reason or due to a move from the Pikes Peak region, a pro-rated credit or refund will be issued from the start date up to the mid-point of the class/activity. No refund or credit will be issued after 50% of the class/activity has been completed.

A full refund or credit will be issued if the Therapeutic Recreation Program cancels a class/activity. When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.

Therapeutic Recreation Program Policies

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

- 1 Please note specific trip arrival and departure times. All trips will wait a maximum of 15 minutes before departing. Upon return, all participants must be picked up within 15 minutes. If you know you will be late, call the cell phone at 651-7704. Please be considerate of the group.
- 2 Note that each program activity has a list of maximum and minimum numbers for enrollment. If the maximum numbers have been reached, a wait list will be initiated and those individuals will be contacted when there is an opening. If the minimum numbers are not reached, the class will be canceled.
- 3 Because we attempt to accommodate as many people as possible, if you cannot participate in a scheduled program, please call to cancel as soon as possible so we can contact the participants on the wait list.